



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14106, Alcoholic beverage, wine, table, white [a](#) [b](#)

Report Date: July 04, 2017 15:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 fl oz 29.4g | 1 serving (5 fl oz) 147g |
|-----------------------------------|------|------------------------|-------------|------------|------------------|-----------------------------|
| Proximates | | | | | | |
| Water | g | 86.86 | -- | -- | 25.54 | 127.68 |
| Energy | kcal | 82 | -- | -- | 24 | 121 |
| Energy | kJ | 342 | -- | -- | 101 | 503 |
| Protein ¹ | g | 0.07 | -- | -- | 0.02 | 0.10 |
| Total lipid (fat) ¹ | g | 0.00 | 1 | -- | 0.00 | 0.00 |
| Ash ² | g | 0.20 | 1200 | 0.002 | 0.06 | 0.29 |
| Carbohydrate, by difference | g | 2.60 | -- | -- | 0.76 | 3.82 |
| Fiber, total dietary ¹ | g | 0.0 | 1 | -- | 0.0 | 0.0 |
| Sugars, total ¹ | g | 0.96 | 1 | -- | 0.28 | 1.41 |
| Minerals | | | | | | |
| Calcium, Ca ¹ | mg | 9 | 1 | -- | 3 | 13 |
| Iron, Fe ¹ | mg | 0.27 | 1 | -- | 0.08 | 0.40 |
| Magnesium, Mg ¹ | mg | 10 | 1 | -- | 3 | 15 |
| Phosphorus, P ¹ | mg | 18 | 1 | -- | 5 | 26 |
| Potassium, K ¹ | mg | 71 | 1 | -- | 21 | 104 |
| Sodium, Na ¹ | mg | 5 | 1 | -- | 1 | 7 |
| Zinc, Zn ¹ | mg | 0.12 | 1 | -- | 0.04 | 0.18 |
| Copper, Cu ¹ | mg | 0.004 | 1 | -- | 0.001 | 0.006 |
| Manganese, Mn ¹ | mg | 0.117 | 1 | -- | 0.034 | 0.172 |
| Selenium, Se ¹ | μg | 0.1 | 1 | -- | 0.0 | 0.1 |
| Fluoride, F ¹ | μg | 202.0 | 17 | 6.267 | 59.4 | 296.9 |

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|---------------------------------------------|------|---------------|-------------|------------|------------------|-----------------------------|
| | | Value Per 100 | Data points | Std. Error | | |
| | g | | | | | |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid ¹ | mg | 0.0 | 1 | -- | 0.0 | 0.0 |
| Thiamin ¹ | mg | 0.005 | 1 | -- | 0.001 | 0.007 |
| Riboflavin ¹ | mg | 0.015 | 1 | -- | 0.004 | 0.022 |
| Niacin ¹ | mg | 0.108 | 1 | -- | 0.032 | 0.159 |
| Pantothenic acid ¹ | mg | 0.045 | 1 | -- | 0.013 | 0.066 |
| Vitamin B-6 ¹ | mg | 0.050 | 1 | -- | 0.015 | 0.074 |
| Folate, total ¹ | μg | 1 | 1 | -- | 0 | 1 |
| Folic acid | μg | 0 | -- | -- | 0 | 0 |
| Folate, food | μg | 1 | 1 | -- | 0 | 1 |
| Folate, DFE | μg | 1 | -- | -- | 0 | 1 |
| Choline, total | mg | 4.3 | -- | -- | 1.3 | 6.3 |
| Vitamin B-12 ¹ | μg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | μg | 0 | -- | -- | 0 | 0 |
| Retinol | μg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | μg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | μg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | μg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 |
| Lycopene | μg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | μg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | μg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | μg | 0.4 | -- | -- | 0.1 | 0.6 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |

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|----------------------------------------------|------|---------------|-------------|------------|------------------|-----------------------------|-------|
| | | Value Per 100 | Data points | Std. Error | | | |
| 12:0 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 14:0 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 16:0 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 18:0 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 20:1 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 18:2 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 18:3 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 18:4 | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | | 0 | 0 |
| Amino Acids | | | | | | | |
| Other | | | | | | | |
| Alcohol, ethyl ² | g | 10.3 | 1200 | 0.028 | | 3.0 | 15.1 |
| Caffeine | mg | 0 | -- | -- | | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | | 0 | 0 |
| Flavonoids | | | | | | | |
| Anthocyanidins | | | | | | | |
| Cyanidin ⁸ | mg | 0.00 | 6 | 0 | | 0.00 | 0.00 |
| Malvidin ^{8 9} | mg | 0.1 | 7 | 0.04 | | 0.0 | 0.1 |
| Flavan-3-ols | | | | | | | |
| (+)-Catechin ^{8 9 10 11 12 13 14} | mg | 0.8 | 52 | 0.18 | | 0.2 | 1.1 |
| (-)Epigallocatechin ^{11 13} | mg | 0.0 | 9 | 0 | | 0.0 | 0.0 |
| (-)Epicatechin ^{8 9 10 11 12 13 14} | mg | 0.6 | 50 | 0.12 | | 0.2 | 0.8 |
| (-)Epicatechin 3-gallate ^{11 13} | mg | 0.0 | 9 | 0 | | 0.0 | 0.0 |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------|-------------|------------|------------------|-----------------------------|------|
| | | Value Per 100 g | Data points | Std. Error | | 0.0 | 0.0 |
| (-)Epigallocatechin 3-gallate 11 13 | mg | 0.0 | 9 | 0 | | 0.0 | 0.0 |
| (+)-Gallocatechin 11 13 | mg | 0.0 | 9 | 0 | | 0.0 | 0.0 |
| Flavanones | | | | | | | |
| Hesperetin | mg | 0.4 | 2 | -- | | 0.1 | 0.6 |
| Naringenin | mg | 0.4 | 2 | -- | | 0.1 | 0.6 |
| Flavones | | | | | | | |
| Apigenin 15 | mg | 0.0 | 2 | -- | | 0.0 | 0.0 |
| Luteolin 15 | mg | 0.0 | 2 | -- | | 0.0 | 0.0 |
| Flavonols | | | | | | | |
| Isorhamnetin 16 17 18 | mg | 0.0 | 32 | 0 | | 0.0 | 0.0 |
| Kaempferol 14 15 16 17 18 19 | mg | 0.0 | 39 | 0.01 | | 0.0 | 0.0 |
| Myricetin 8 14 15 16 17 18 19 | mg | 0.0 | 45 | 0 | | 0.0 | 0.0 |
| Quercetin 8 12 14 15 16 17 18 19 | mg | 0.0 | 76 | 0.01 | | 0.0 | 0.1 |
| Isoflavones | | | | | | | |
| Daidzein 20 | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Genistein 20 | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Glycitein 20 | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Total isoflavones 20 | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Formononetin | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Coumestrol | mg | 0.00 | 1 | -- | | 0.00 | 0.00 |
| Proanthocyanidin | | | | | | | |
| Proanthocyanidin dimers 3 4 5 6 7 | mg | 0.3 | 90 | 0.06 | | 0.1 | 0.4 |
| Proanthocyanidin trimers 4 5 6 | mg | 0.1 | 49 | 0.01 | | 0.0 | 0.1 |
| Proanthocyanidin 4-6mers 6 | mg | 0.0 | 45 | 0 | | 0.0 | 0.1 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2002 Beltsville MD

²Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

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¹⁶Dugo, G., Saitta, M., Guifrida, F., Vilasi, F., and La Torre, G. L. **Determination of resveratrol and other phenolic compounds in experimental wines from grapes subjected to different pesticide treatments**, 2004 Ital. J. Food Sci. 16 pp.305-321

¹⁷Revilla, E. **Analysis of flavonol aglycones in wine extracts by high performance liquid chromatography.**, 1986 Chromatographia 22 pp.1-6

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Footnotes

^a Minerals, B vitamins and vitamin C determinations were made on samples of Chardonnay.

^b Late harvest wines have not been included.